

GREY-BRUCE boomers

A FREE magazine for adults 50+

SUMMER 2018 — Volume 5, Issue 2

TRAVEL

love AND kindness
IN NICARAGUA

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ACROSS CANADA

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2 Southampton

Spend the day in Southampton! With a detour stop located just behind the Bruce County Museum & Cultural Centre, enjoy tranquility in an Adirondack chair at the Fairy Lake Lookout before following the signs to the passport box.

3 Greenock Swamp Lookout

Schmidt Lake now features two lookouts providing gorgeous views! At the detour sign, head left for a slightly more challenging route, or right to get straight to the passport box. Don't forget the bug spray!

OOPS!

The GPS coordinates on the enclosed Adventure Passport are incorrect. Please visit <https://passport.explorethebruce.com> for the correct coordinates!

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101 PLACES TO EXPLORE

Big name places like the Grotto and Sauble Beach are fantastic ways to start planning your vacation – but they don't show you everything! To truly explore, head off the main road and lose yourself in the beauty of Bruce County.

Check out 101 Places to Explore at explorethebruce.com/101 for ideas on where to start.



FOR THE PHOTO ENTHUSIAST

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FROM THE PUBLISHER

Summer – we thought you'd never show your true self!

Winter seemed especially long this year in Grey/Bruce, costing us most of our spring, so it's nice to finally be able to get outside and mostly know what to expect, weather-wise.

Summer is always a gem in our beautiful corner of southwestern Ontario. The fact that we only get a few months of it a year makes it that much more special. I think we should wring every drop out of it, knowing that local highways will be closed again before we know it.

This issue marks our fourth summer of informing and entertaining adults 50+ in Grey/Bruce, and this issue is extra special to me because, in all my years of publishing, I have never written an article... until now! In this issue I detail my volunteer trip to Nicaragua with a group of like-minded residents from Port Elgin and across Ontario.

I had the privilege of travelling to Nicaragua for 10 days in February on a volunteer trip where we did our best to help the people of that very poor, and incredibly beautiful, country. It was truly a life-changing experience, and I'm proud – and also a little nervous – to be putting myself out there in print for the first time. Read 'Love and Kindness in Nicaragua' on Page 18.

We also have wonderful stories on the cross-Canada adventure of a dog (and her owners!), the shipwrecks of Fathom Five National Marine Park, our area's history of being a safe-haven for African-Americans fleeing slavery, and much more!

I hope you and your family have a chance to soak up all summer has to offer this year, and I wish you blue skies, warm sand and lots of memories!

Amy Irwin, Publisher
 Grey-Bruce Boomers

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SUMMER 2018

Abbey's GREAT ADVENTURE

CINDY AND BRUCE EVEREST TREK ACROSS CANADA WITH THEIR DOG
BY DOUG ARCHER



by Doug Archer

Cindy and Bruce Everest recently checked a significant item off their Bucket List. They only had to drive 23,000 kilometres across 10 provinces, over two years, to do it.

Luckily they weren't alone. They had Abbey, their Golden Retriever, riding shotgun the whole way.

Passionate about Canada, the Southampton couple had talked about a cross-country trek for years – Cindy in particular. As part of a large family that loved to travel, she grew up on driving vacations, so traversing across the nation in a car held great sentimental value for her. Still, they kept putting it off.

Cindy and Abbey blamed Bruce for that. As a teacher with the Hamilton Wentworth District School Board, Cindy could have managed such a trip in the summers, and Abbey's schedule was always flexible. Unfortunately, Bruce was never able to take more than two weeks of vacation at a time from his career with the Royal Bank.

Then everything changed a few years back, when Cindy and Bruce retired.

"Suddenly it was time for our Canadian road trip!" Cindy exclaimed.

First, however, was a year of planning. After all, Canada is the second largest country by land mass in the world, so driving it coast-to-coast is no small undertaking. Routes had to be mapped out, attractions researched, accommodations booked, and a bountiful supply of doggy doo-doo bags purchased.



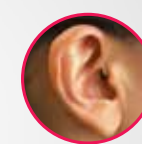
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Abbey the Golden Retriever finally talked her owners Bruce and Cindy Everest into driving Canada coast to coast.

They also had to break the trip into two parts – east coast and west coast – and two years, to make it more manageable for Abbey, because there was never a question of not taking her.

“Abbey is a part of the family – we could never leave her for six or seven weeks,” Cindy confided. “Besides, she travels well. I call her a rolling stone – wherever she lays her bed and her bowl is her home.”

With the planning complete, Abbey climbed into the

back of the family SUV on Aug. 29, 2015, and the trio set off on the western leg of their Canadian tour.

First stop, Whistler B.C. That’s right, B.C.

Bruce and Cindy have a daughter and son-in-law living out west, so they decided to journey through the U.S. (visiting seven states along the way) to B.C. to have a bit of a family visit, and then backtrack across this great land of ours to Ontario.

As it turned out, the U.S. portion of the trip went well, but the Canadian segment – the whole reason for the road adventure – almost ended before it began. Arriving at the condo they had rented in Whistler, Bruce let Cindy and Abbey out of the car while he went to park. Unsuspecting, the two started up the set of outdoor stairs to their unit, only to come flying back down seconds later, a black bear hot on their heels.

They leaped back into the car in a wild panic, slamming the doors shut and covered in abject terror until the animal lost interest and finally sauntered off.

Welcome to the Canadian west.

Undeterred, the trio carried on. Fortunately, things got better. There were gondola rides in the Rockies, hikes up Whistler Mountain, and treks through Banff. They stopped to see Athabasca Falls, Mount Robson (the highest peak in the Rockies), Lake Louise, dinosaur fossils in Drumheller, in the heart of the Alberta badlands... the list goes on.

Hands-down, Cindy and Bruce both agree, the highlight of the western swing of their Canadian escapade was the drive along the Icefields Parkway. Often called one of the most spectacular drives in the world, the Icefields Parkway is 232 km of winding road stretching from Jasper to Banff. Carving through two national parks, it takes travellers alongside ancient glaciers, mountain lakes, and sweeping valleys.

“The scenery was just jaw-dropping,” said Bruce. “It was our shortest day of driving in terms of distance, but it took all day because we kept stopping for ‘oohs’ and ‘aahs’ and photos.”

For her part, Abbey took it in with a yawn, preferring to nap on her doggy bed in the back of the car for much of the Icefields trek. But she found other things to pique her interest out west – a close encounter with a mother moose for instance.

It was a misty morning, Bruce recalled, when they pulled up to Alberta’s Maligne Lake and got out of the car for a walk. Cindy followed the path down to the lake, while Bruce took a leashed Abbey into a wooded area to do her business.

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“We rounded a tree and came face-to-face with a female moose and its calf,” he said. “And the mother wasn’t happy to see us.”

Seeing Abbey as a threat, the half-ton cow issued a few warning snorts and then charged. Bruce still isn’t sure how he and Abbey escaped, because he didn’t look back. He just ran for his life, dog in tow.

“I was shaking for three days after that,” he admitted.

Of course, western Canada wasn’t all awe-inspiring vistas and hair-raising encounters.

“Crossing the Prairies was a little uneventful,” confessed Cindy. “But it was still an experience that we wouldn’t have missed for the world. It is so iconic, with its endless kilometres of flat highways, train tracks and wheat silos.”

Besides that, they got to visit Rouleau, Sask., aka Dog

by Doug Archer

River, where the Canadian sitcom Corner Gas was filmed.

“We both loved that show,” Bruce smiled. “And just like the Corner Gas tagline declared, Dog River really is 40 km from nowhere.”

The threesome also had two long days in the car travelling from Winnipeg to Thunder Bay, and on to Sault Ste. Marie – stopping every two hours, naturally, for Abbey to have a stretch – but they timed it beautifully. It was early October and autumn’s colours were on full display.

A true Canadian hero was also on display.

Reaching the outskirts of Thunder Bay, Bruce stopped the car at the Terry Fox Monument. Overlooking Lake Superior, the memorial marks the location where Fox was forced to halt his ‘Marathon of Hope’ on Aug. 31, 1980. Even now, both Cindy and Bruce remember it as one of the most moving moments of the trip.

Finally, on Thanksgiving weekend, the Everests crossed the narrows between Lakes Michigan and Huron, bringing the first leg of their cross-country trek to an end. At the time, Cindy and Bruce thought that nothing would top western Canada, with the majesty of its mountains, its prehistoric glaciers, and its panoramic views. It turns out they were mistaken.

“The east coast caught us by surprise,” said Cindy, of their 32-day drive through central Canada and the Maritimes, which started on Sept. 1, 2016. “It was more beautiful and inspiring than we ever imagined.”

From the Eastern Townships in Quebec, with their quaint villages and countless fromageries (Cindy has a weakness for cheese), to the 13-kilometre Confederation Bridge that took them from New Brunswick to PEI, to the red sand beaches and Anne of Green Gables Heritage Place on Cavendish, PEI, every day was a delight for the senses.

Then there was Nova Scotia, where they gazed upon Peggy’s Point (Cove) Lighthouse, toured the Fortress of Louisbourg, left their foot (and paw) prints on Ingonish Beach, saw the Bluenose II in Lunenburg, and were completely overwhelmed by the Cabot Trail, a scenic roadway along the rugged coastline of Cape Breton

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Cindy and Abbey enjoy a stroll on a wharf while on the east coast.

Island that takes travellers from towering cliff-tops to seaside fishing hamlets.

All of that's without even mentioning the food. While they enjoyed beef and salmon out west, Bruce and Cindy admit it didn't compare to the gastronomic smorgasbord they found in the east. Oka and sharp cheddar cheeses in Quebec; moose stew and fresh cod in Newfoundland; mussels and scallops in Nova Scotia – the entire eastern region is a delight to the tastebuds.

And then there was the 'LBT' in Dalvay-by-the-Sea, a National Historic Site on PEI.

"We were just walking around the town when the aromas from a really 'down east' looking little restaurant lured us in," said Bruce. "That's when I tasted my first LBT – lobster, bacon and tomato, stacked between two thick wedges of homemade bread, with fries. I still fantasize about that sandwich to this day."

Abbey fell in love with eastern Canada too, not just because there was ocean everywhere for her to frolic in – although as a Retriever, she loved that – she also liked

the ghosts.

"Two nights in a row she scared the life out of us," Cindy explained. "We were staying in an old Victorian home in Charlottetown that had a really haunted feel to it. On both nights that we stayed there, at precisely 3 a.m., Abbey woke up, scampered to the top of the stairs and barked frantically at some unseen presence. It was very eerie. Bruce and I both ended up sleeping with one eye open."

For the final stage of their cross-Canada tour, the Everests boarded a ferry at North Sydney, NS, for the crossing to Newfoundland. It was a matter of saving the best for last. Starting with a drive to the 1,000-year-old Viking settlement in L'Anse aux Meadows, and ending with a week-long stay in the "picture-postcard-perfect" ocean-side town of Trinity, Cindy, Bruce and Abbey immersed themselves in the Newfoundlander way of life.

They hiked Gros Morne, took a ferry to Fogo Island, visited seaside villages with names like Twillingate and Tilting, drank Iceberg beer on George Street in St. John's (OK, Abbey didn't do that), picked wild blueberries, ate fish chowder and pan-fried cod, saw puffins, and even

by Doug Archer

became honorary Newfies with a good old-fashioned 'screeching-in' and kissing-of-the-cod ceremony (Abbey drew the line at kissing a fish too, as any self-respecting canine would).

"We loved all the provinces," Cindy said, "but Newfoundland might be our favourite."

It was homeward bound after that, the cross-Canada road trip complete. Even now, two years later, Cindy and Bruce are able to close their eyes and visualize this great nation coast-to-coast.

"It was a very rewarding journey," Cindy said. "We were stirred by this diverse country of ours, and returned filled with a new sense of pride and gratitude that we get to call it home."

For her part, Abbey's glad the road trip is done. Although she loved the adventure, particularly the walks at the end of a day of driving, as an aging canine, climbing in and out of that car was beginning to get old. ■

Alan Weinstein
The Ontario Studio: Five Decades

Since his one-man show in 1961 at the Pollock Gallery, Toronto, Weinstein has been exhibiting solo shows in museums and galleries across Canada, the United States and Australia. Now for the first time he will be exhibited at the Museum.

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IF THESE SHIPS COULD TALK...

Shipwrecks of Fathom Five National Marine Park, Tobermory

BY JODI JEROME

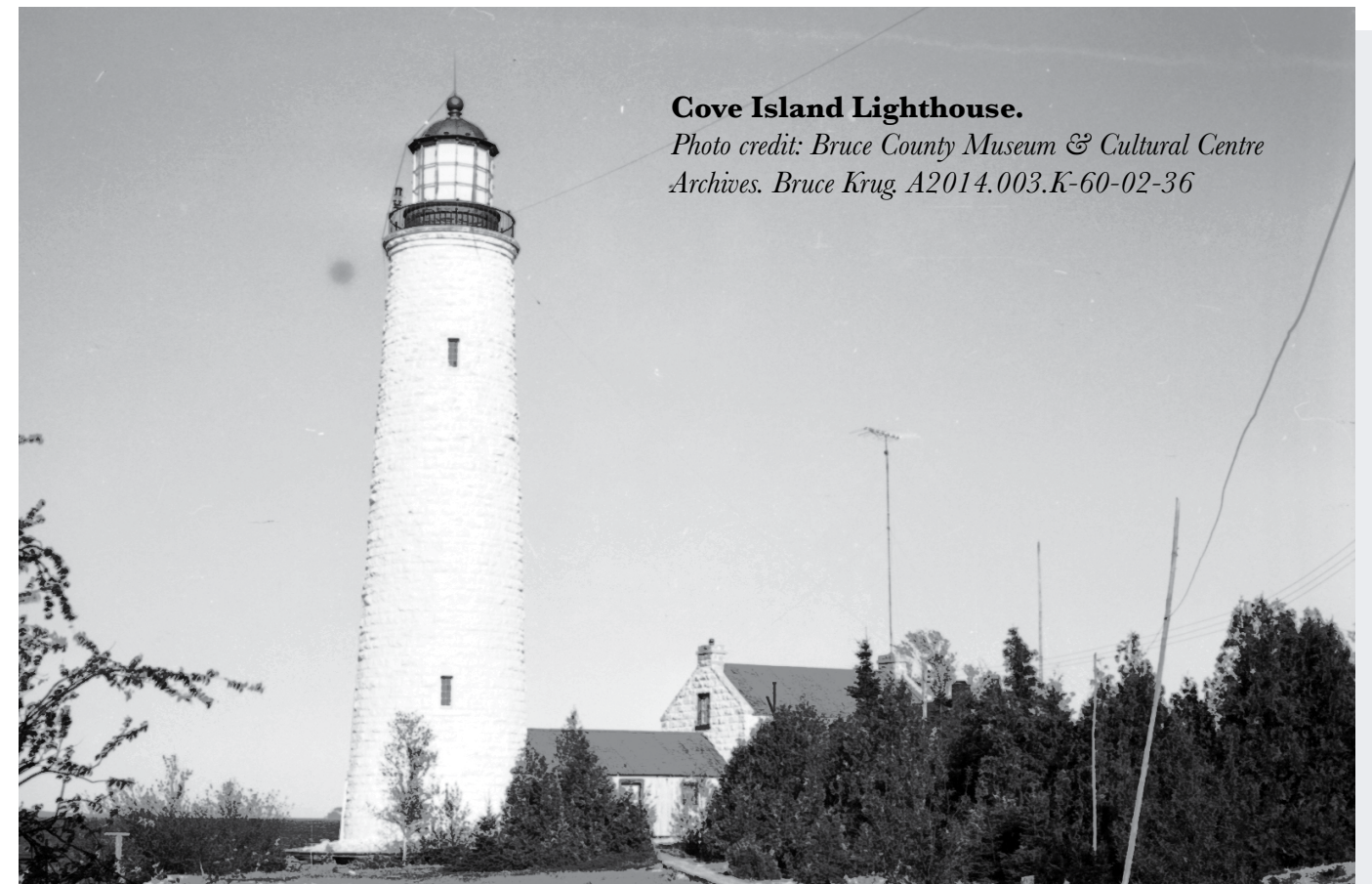
The wrecks of ships in the cold, clear waters of Fathom Five National Marine Park whisper of panic, wreckage and death, both past and present.

With the exception of sports diving vessels the Caroline Rose and Niagara II, most ships succumbed to the waves of Georgian Bay, near Tobermory, through navigational errors and/or adverse weather conditions.

The term 'Fathom Five' is taken from William Shakespeare's play 'The Tempest,' in which the sprite Ariel put an enchantment on Ferdinand, making him believe he's been in a shipwreck and lost his father.

"Full fathom five thy father lies,
Of his bones are coral made;
Nothing of him that doth fade
But doth suffer a sea-change
Into something rich and strange.
Sea-nymphs hourly ring his knell
Hark! Now I hear them – ding-dong bell." (Act I, Scene II)

by Jodi Jerome



Cove Island Lighthouse.

Photo credit: Bruce County Museum & Cultural Centre Archives. Bruce Krug A2014.003.K-60-02-36

Visitors' imaginations run wild when they think about the 24 known shipwrecks of schooners, barques, screw steamers, steam barges, steam paddle boats, tugs, yachts, propeller boats and a freighter that rest on the bottom of Fathom Five's 130 square kilometres of water. In addition to the ship remains lying within the park's cold, clear water, there are six additional known shipwrecks lying

just outside its boundaries. The San Jacinto and City of Cleveland rest just off Yeo Island, while the Marion L. Breck and Forest City are off Bear's Rump Island's shore. There are two planted wrecks for divers – the Caroline Rose and Niagara II – outside Little Cove, which is partially within the boundaries of the Bruce Peninsula National Park.



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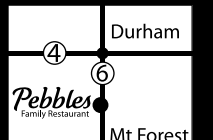
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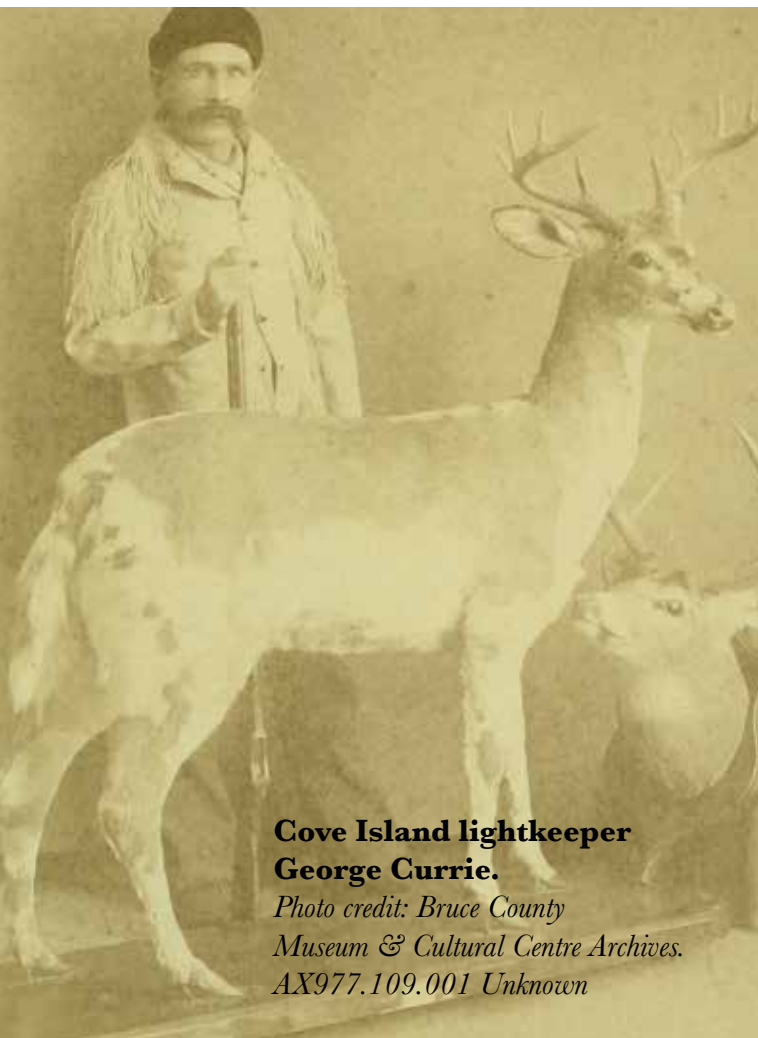
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**Cove Island lightkeeper
George Currie.**

*Photo credit: Bruce County
Museum & Cultural Centre Archives.
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These 30 ships sunk between 1853 and 1999, and most lie in five to 13 fathoms of water (30 to 90 feet deep).

Surrounding the tip of the Bruce Peninsula, Fathom Five has been trying to preserve the unique aquatic conditions of the lakebed, water, island ecosystem and the man-made structures (lighthouses and shipwrecks) since its formation in 1987. The pristine waters of Fathom Five attract divers and tourists from around the world. Between 2008 and 2016, visitation to Fathom Five and the Bruce Peninsula National Park increased from 194,000 to over 400,000.

The Fathom Five's shipwrecks and the adjacent Grotto, in the Bruce Peninsula National Park, are two of the area's most popular sites. The number of people allowed to access the shipwrecks and the Grotto are now limited by park staff, based on a sustainable tourism plan that

seeks to balance site visitation with conservation. This explosion of visitor numbers has increased more than tourism revenue for the area – medical emergencies and an increase in search and rescue calls has also ballooned.

It is the draw of Fathom Five's shipwreck sites that has contributed to a death toll in recreational divers that far outstrips the fatalities suffered in the 146 years of documented shipwrecks. Amazingly, of the 30 shipwrecks in or near Fathom Five, only two resulted in death. In all the shipwrecks, the crews escaped with their lives. Two captains went down with their ships, the Regina in 1881, and the Philo Scoville in 1889.

The tale of the schooner Regina includes news stories and other recountings of the event hinting that the captain, Amos Tripp, was abandoned by his non-union crew of four, which included mate John Young, cook William Lawrence, and seamen Henry Haight and William Verron. According to some reports, despite being ordered to help bring the salt-laden ship to a soft landing upon one of Cove Island's sand bars, the crew took the only boat and left Tripp clinging to the main boom, forced to fight gale force winds alone on the night of Sept. 10, 1881.

In the end, the Regina floundered off Cove Island and sunk at 1 a.m. For weeks after the event, the boat lay in seven fathoms of water with only the topmasts visible. Initially, the newspapers reported that all hands were lost but later, they reported only Captain Tripp missing. On Sept. 16, 1881, the Cove Island lightkeeper, George Currie, recorded in his journal that he found Captain Tripp's body, and, "Sewed him in canvas and buried him." By Oct. 7, his body was exhumed and transported to Meaford by the Erie Belle, to his final resting place in Collingwood.

When the Philo Scoville, a Detroit schooner, went aground at Russell Island on Oct. 6, 1889, her captain John O'Grady was killed. Her crew of seven included sailor N.R. Nelson, who recounted that, "We had a strong, fair wind until we were passing the Flower Pot Island. As we came past the end the wind came so strong around the island that we found it impossible to bring the vessel up and clear the land, so we had to jibe her. This caused us the loss of her foresheets, and as they were carried away the vessel became unmanageable... I heard them getting

down the sails and letting the anchors go. A man was kept in the chains heaving the line, and we knew we were dragging anchor steadily. Just as night was closing in the anchor held, and then our boat was only some 20 or 30 feet from the shore.

"On Sunday morning we were in the same place. Then I think the wind shifted, for the vessel began to pound on the rocks. Capt O'Grady saw then that there was no hope for the boat, and he set the stay and paid out the chain to beach her. She swung round and caught on the rocks, and men were sent to try to reach shore to make lines fast, but no one could reach shore. The vessel took a lurch towards deep water and the captain thought he would try to reach shore and make a line fast. He got on the rocks but the breakers caught him and dashed him back. I heard him about two or three times. They threw lines to him, but he did not get them. I think he was drowned and then was jammed between the boat and the rocks.

Divers explore the Scoville wreck in Fathom Five National Marine Park.

*Photo courtesy Stuart Seldon,
www.wetspotimages.com*



"The mate meanwhile had got ashore and made a line fast and all the rest were saved... Captain O'Grady did all that could be done to save his vessel and crew. The captain's body was sealed up in a casket and expressed to Chicago. One arm is gone from the shoulder, and one leg from the hip."

By preserving and making this 113 square kilometres of water and islands available for the public to explore, its stories are passed down, but so are its dangers. The bone-chillingly deep, cold water and currents that preserve the sunken vessels can be deadly for humans who do not pay attention to the capricious nature of Fathom Five's waters. ■

Jodi Jerome is a writer, historian and heritage consultant who enjoys finding the stories people have forgotten about in the places they live, and making the local landscape come alive for those who live and visit there today. Contact her at jodijerome@icloud.com.



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LOCAL VOLUNTEERS, INCLUDING GREY-BRUCE BOOMERS PUBLISHER,
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BY AMY IRWIN

by Amy Irwin

"It will change your life."

That was the phrase I heard many times while preparing to go on a volunteer trip to Nicaragua this past February. Not wanting to set expectations too high, I didn't attach much weight to that statement.

Guess what happened. It. Changed. My. Life.

I'm fortunate enough to be in a place in my life where I can, with some proper planning, take almost any trip I want to... but this time I didn't want to go on 'a trip' – I needed something more profound than a week at a resort (not that there's anything wrong with that). I needed to fill my soul. I needed to be reminded of the basics in life. I needed to travel with purpose.

Luckily, the 'Love and Kindness Tour' came into my life at just the right time.

Many people have asked me how I heard about the Love and Kindness Tour, which was organized by Sande Irwin, of Port Elgin. I knew no one who was going and just stumbled upon it on Facebook, so my only answer is that sometimes things are meant to be, and you know when you are called to do something. Everything in my life was pointing me toward that trip, so I took a leap.

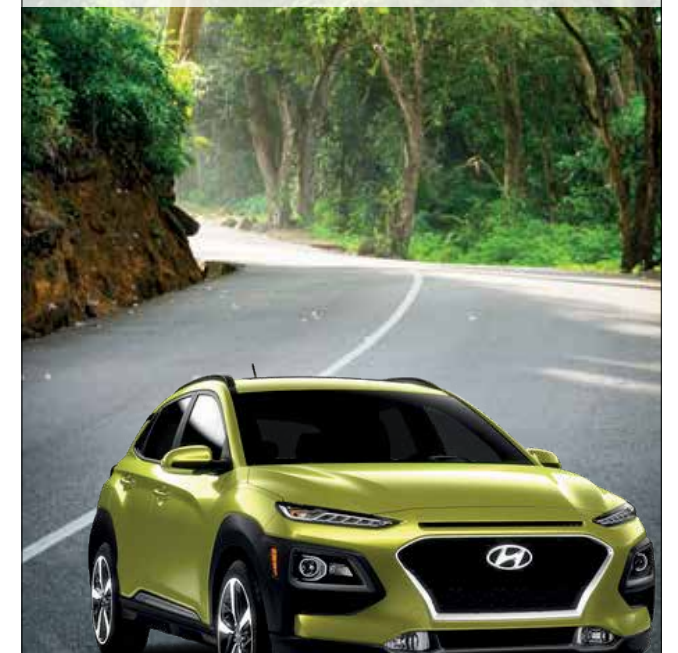
Sande's vision for the trip to Nicaragua was to collaborate with a group of random people, with the intention of travelling with purpose and to spread love and kindness in a third-world country. Her dream came true, and on Feb. 19, I was fortunate enough to join a group of like-minded people (mostly from the Port Elgin area) on a journey to Jiquilillo (hick-a-LEE-o), Nicaragua, a small fishing village on the north-Pacific coast.

Nicaragua, known for its beautiful landscape of volcanoes, lakes and beaches, is also one of the poorest countries in Central America. According to the U.N., 48 per cent of Nicaraguans live below the poverty line, and 80 per cent of the population lives on less than \$2 per day.

We left on an early flight from Toronto, many of us meeting each other for the first time at the airport, including my roommate for the next 10 days. Hola Kristen! The excitement – and nervousness – of the



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Youth who live at El Limonal scour the burning garbage for anything useful, whether for resale or for their families.

Photo courtesy Emilia Kun



group was palpable, as we had no idea what the next 10 days would entail. All we knew was that we’re in this together, as strangers, for better or for worse.

Our group consisted of nine Baby Boomers; two couples – who were travelling with their Boomer parents – brought along their children aged two, five and six; a brother-sister duo in their 20s; a single man in his 20s; and two solo women in their 30s who left their families at home in pursuit of adventure (this includes me).

It was an eclectic group to say the least.

Almost six hours later, we landed in steamy Managua – the capital city of Nicaragua. After a quick trip through customs, we boarded three vans to take us to Jiquilillo, four hours away. After a long day of travel, we were less than thrilled to discover the last 30 minutes were on the bumpiest, trench-ridden gravel road I have ever been on (and I’ve been on many a Bruce County gravel road!).

It was on our travels to Jiquilillo that the true poverty of the country became apparent. Grass huts were the norm,

while the more fortunate live in a tin-corrugated shack, partly held together with newspaper and garbage bags. All have latrines in their back yard – even the two-room, government-built cinderblock houses, which went to the extremely fortunate.

We arrived at dusk at Brisas Del Mar, our oceanfront accommodation for the week. We were fortunate to have one of the co-owners of Brisas with us, Port Elgin’s Andy Evans. As we settled into our room after a long day, my first impression was that the lodge was pretty basic, seeing as I’m used to holidaying at resorts.

It didn’t take long for me realize a solid roof and indoor plumbing constitutes a five-star resort in this part of Nicaragua.

A working ‘holiday’

The next morning began bright and early – yoga at 6:30 a.m., breakfast at 7:30, featuring typical Nicaraguan fare of rice, beans and eggs. Then we had chance to explore

the amazing Brisas property and gaze upon the endless stretch of sandy beach, where you more likely to see a cow or wild horse than a person.

The call to begin our quest of being ‘sustainable tourists’ soon broke our reverie, and my vision of that beach, a cocktail, my hand, and a cabana quickly vanished. Sustainable tourism is the act of visiting a place as a tourist and leaving only positive impacts on the environment, society, and economy. The co-owners of Brisas Del Mar – Andy and Megan Evans, of Port Elgin, and Gerry and Caridad Cerreces, of Nicaragua – have made it a priority to encourage their guests to participate in local life and leave the area better than they found it.

Thus, our work began.

First up was an afternoon of helping to build a house for a member of the local Women’s Co-operative. Juanita and her family of six were to be the recipients of the house located down the road from Brisas. Currently living in a shack held together with cardboard and garbage bags, they were grateful for the opportunity to have a safe place to

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**Grey-Bruce Boomers
Publisher Amy Irwin
makes a new friend at the
El Limonal community.**

live, and did their part through sweat equity.

We travelled in the midday sun in the back of a flatbed truck about 15 minutes down the gravel road, hats and sunscreen on, work gloves in hand, with no idea what we were getting into. Upon arriving at the site, our job was to move tons of rubble they had dug in order to build the foundation – we filled pails with black rock, carried it across the road and dumped it. Repeatedly. For hours. Juanita's family lived on the property, and the children were excited to see us and loved the treats we brought. The workers told our translator the labour we provided that afternoon saved them at least two days of work.

The young parents in our group, along with their children, spent this time at the local school teaching English and distributing donations. We went back for a second day the following week and helped dig the hole for the latrine, and worked on the foundation.

'Circle of death'

The next day we visited the community of El Limonal, which is known in Nica as the 'Garbage Dump Community.' The experience of serving a hot lunch to people who literally live in a dump is what drew me to the country.

Miranda Miller, an Owen Sound resident and previous visitor to El Limonal, described the area perfectly in a blog post. Her thoughts are used here with permission.

"The residents of El Limonal live and work in an area known locally as the 'circle of death,'" Miller said. "It's a strip of land that was intended for use as a temporary refugee camp for those left homeless by Hurricane Mitch in 1998. The second deadliest Atlantic hurricane in recorded history, Mitch destroyed an entire neighbourhood in the north Pacific Nicaraguan city of Chinandega. El Limonal was, at the time, the only city property large enough for the government to use for temporary housing.

"Tucked between the city's landfill, a large cemetery and a sewage facility, El Limonal is now a permanent community of about 3,000 residents. The political and socioeconomic factors that resulted in its being made a permanent settlement vary depending on who you ask, but the fact is that each day, many residents – adults and children alike – sift through the city's trash in search of recyclables.

"A good eight-hour day will net one of the residents a single US dollar, the reward for filling a massive garbage bag with pop cans and other metals scrounged out of a toxic sludge of spoiled food, biological waste, discarded chemicals and God only knows what else," Miller said.

We arrived mid-morning at El Limonal. As soon as our school bus pulled up, children from the community flocked to the communal area consisting of two shipping containers (one of which is the medial clinic) and outdoor covered space. Half our group headed for the outdoor 'kitchen,' which is simply three cast-iron cauldrons over an open fire, a sink and a folding table, where we chopped vegetables and chicken for the chicken stew we would serve.

The other half hung back with the children – none of whom spoke English, to go with my utter lack of Spanish. I worried about what we would do with the children, and how we would interact without the ability of speech. Would the language and cultural chasm be a barrier that prevented us from connecting? Well, I was there all of two minutes before I felt a small hand tentatively placed in mine. I looked down into Mara's giant, beautiful brown

eyes, and she shyly smiled at me and snuggled in. It was in that moment that I, as a mother of two young girls, realized these sweet, dirty children – the poorest of the poor – only wanted to be included, to play, and to be loved.

More children came running when they saw us. Enthusiastic games of tag ensued, with the universal symbol of 'time out' being used by the adults when they needed a break (which was frequent). While I called 'time' to use the washroom, one little girl offered to hold the door closed for me, as there was no latch. We communicated with gestures and I expressed how great that would be. She waited patiently for me to finish, and when I opened the door, she was true to her word, standing guard for me.

As I stepped out and thanked her, she looked at me, smirked, and then tagged me. I was it! I had been conned!

Tickle fights, hand-clapping games, piggyback rides and selfies with our phones allowed us to create a connection with these children. They were so happy to have a break from the routine of their life of poverty, if even for an hour, playing with us 'gringos.' While we were playing, and the other half of our group was cooking stew over an open fire, children lined up their sandpails and juice jugs in an orderly row for a chance at a scoop of a nutritious, protein-filled meal – a rarity until a group such as ours arrives. Mothers directed all their children to save a place in line with their colourful pail, so there would be enough stew for the whole family.

When serving time arrived, the kids lined up in an orderly fashion and passed their pail to our assembly line, which we filled with hot stew. In a matter of 20 minutes, about 300 children were fed, all for \$250 US.

After lunch, we walked down the street to the Chinandega dump, where this community makes its living, scavenging for recyclables for about \$1 a day. Heaps of burning garbage smouldered against the beautiful backdrop of distant volcanoes. Us gringos stood on the other side of a vile-smelling, green-coloured river of polluted sludge, while our new friends jumped the river and ran around in the dump, showing off their home.

After an hour running through a wasteland in flipflops, and taking pictures of my lovely new friends, we walked

back together, falling behind the group. They suddenly let go of my hand, which they'd all fought to hold, and ducked under a barbed wire fence because they saw something that caught their eye. One of the girls had discovered a filthy pink purse and a broken toy cell phone. All the girls crowded around her, thrilled with the discovery. She held it up, beaming with pride, as she proudly showed me an item I would surely forbid my kids from touching.

It was at that moment my heart broke.

I thought of my two girls at home, essentially the same age as these poor children, who complain of having nothing to do, and won't give a second glance to the dozens of toys they have, yet always wanting more, as all kids do.

It was then I vowed to live more sustainably and with more intention, while trying to teach my girls to do the same.

Waving goodbye to the children, knowing we'd be back the next week for Round 2 at the dump, we headed to the market in the city of Chinandega. It was here we purchased goodies for the children for the next time we went El Limonal, infant formula for the mothers, and experienced local culture.

Not all of our humanitarian efforts in Nicaragua were human interactions. We also sponsored turtle nests and released baby turtles into the wild. It was an amazing experience to see 90 freshly hatched turtles waddling their way to the ocean for a chance at life. Turtle egg poachers are abundant on the beaches of Nicaragua – free food in a poor country, and all – and there are a few dedicated individuals intent on saving these eggs by hatching them in burlap sacks and releasing them. These endangered sea turtles are essential to the marine ecosystem because they eat jellyfish and transport the essential nutrients that maintain a healthy ocean.

Fun times too

It wasn't all work though, as we also found time to play as well. We had a 4 a.m. wake-up call, as we launched kayaks and watched the sunrise over Nicaragua's most famous volcano, San Cristobal. We kayaked through the Padre Ramos Estuary, which warrants an article unto



The villagers of El Limonal look forward to a protein-rich meal brought to them by visitors, replacing their normal diet of rice and beans. As you'll see at the far right, they line up their sandpails in order to receive their share.

Photos by Emilia Kun and Amy Irwin



itself. It is an essential part of the ecosystem in the area that is rapidly becoming endangered. Some of the more adventurous in the group rode a wooden toboggan down Cerro Negro, an active volcano that has erupted 23 times in recorded history, the most recent in 1999. We reached speeds of 70 km an hour, while rocketing along volcanic rock and ash.

Afternoons were often spent getting to better know our eclectic bunch, while swinging in hammocks at Brisas. We explored the beach and village, and, during our open-air, communal meal of more rice and beans, we'd recount the amazing work we did during the day, or the fun events we enjoyed such as the local disco, rum distillery and panga boat tour through the Estuary.

In addition to supporting the house build, serving lunch at El Limonal twice, and sponsoring sea turtle nests, our group helped spread donations from our families and friends to provide the local fire department with funds for new sleeping quarters, purchased infant formula, school uniforms for 80 children, a month's worth of meals to eight local families, supported the local women's co-operative, and provided donations to a children's orphanage. In reaching so many people, we brought the vision of the Love and Kindness Tour to life – we created authentic human connections with locals and gained a better understanding of how they live, the challenges they face, and how we can improve their quality of life.

Our group arrived in Nicaragua as mostly strangers, even those who knew each other before, but through this shared experience, the collective purpose of sharing love and kindness with others, we left as family.

How blessed we are

Canadians, as a prosperous first-world country, are

blessed in so many ways, most especially by the fact we have ample access to our species' life source – fresh water.

We can also choose whether or not to travel, a concept foreign to most Nicaraguans. Reflecting on this adventure, I will choose to change the way I travel. I will do so with more purpose and intention; I will make connections with people who are alike or different from me. I will aim to leave the place I choose a little bit better than I arrived, hopefully becoming a better person in the process.

Despite our geographic locations and prosperity, we are more alike than we are different. We want love, we want security, and we want happiness, no matter whether we live in a 2,000 square foot house or a grass hut held together by garbage bags and mud. We can help each other achieve this by considering how to minimize our travel footprint and maximizing the impact we make while visiting other countries. That doesn't mean every trip has to be a life-altering volunteer opportunity. It can be as simple as getting to know the locals and asking what's important to them and their family. It can be picking up garbage on the beach or seeking opportunities to help in the community, even if only for a few hours.

Considering your travel footprint will truly change your experience, and hopefully leave their world better than you found it.

To learn more about El Limonal, watch the documentary 'Gringos in the Garbage' on YouTube, and consider donating to Speroway, a non-governmental organization where you can direct funds directly to feeding programs at El Limonal. Learn more at speroway.com.

Contact Brisas Del Mar to organize your own volunteer experience at www.brisasdelmarnica.com or search 'Love and Kindness Tour' on Facebook. ■

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In the kitchen with...

CHEF GREG GALOSKA OF THE SPATULA DINER,
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Born and raised on the Bruce Peninsula, Chef Greg Galoska pursued his artistic passions, attending Wilfred Laurier University for classical music and then to Sheridan College for photography. After moving to Montreal, Greg decided to further pursue his passion of cooking and attended culinary school at the Pearson School of Culinary Arts. After moving back to Ontario and working at various establishments, along with a brief brush with fame as a contestant Season 2 of 'Chopped Canada,' he bought the Flying Spatula Diner with his wife and her mother in 2016.

Describing Flesherton as the "sweet spot" of fresh air and nature, yet still being close to amenities, Chef Greg is staying true to the Spatula's original philosophy of great local food, while infusing his own creative flair.

Five minutes with the Chef

Grey-Bruce Boomers (GBB):

What would your last meal be?

Greg Galoska (GG): My Mom's roast beef – she stuffs garlic right into it – mashed potatoes and pan-roasted Brussels sprouts. For dessert – all of it! I have a massive sweet tooth.

GBB: What three ingredients can you not live without?

GG: Fresh thyme, garlic and bay leaves.

GBB: What is your favourite thing to cook?

GG: Sauces. They have a beautiful alchemy, where you throw in a bunch of ingredients and come out with an amazing harmony of flavours. It's pure magic.

GBB: If you weren't a chef, what would you do?

GG: I would be teaching classical music.

GBB: What are your tips for home cooks?

GG: Don't be afraid of two key things – salt and heat. Make your pan hot, but be sure to use an oil with a high smoking point (not olive oil).

GBB: Where do you find inspiration?

GG: My Mom. My parents owned a garden centre and I had access to fresh vegetables and herbs. Because of this, I love using fresh, locally sourced ingredients.

To Drink?

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HOMEMADE BARBECUE SAUCE

INGREDIENTS

½ cup cider vinegar
5 tbsp brown sugar
3 tbsp molasses
¼ cup honey
2 tbsp Worcestershire
2 tbsp yellow mustard
1 tbsp liquid smoke
1 tbsp chili powder
1 tbsp black pepper
4 cup ketchup

Directions:

Add ingredients one at a time to a medium sauce pot and thoroughly mix with a whisk after each addition. Warm over medium heat until it starts to bubble.

Repeat twice, then remove from heat and allow to cool throughout.

Apply liberally to chicken, ribs, wings, roasts, grilled tomatoes, etc.

Chef Greg chose to share his homemade barbecue sauce recipe because it is signature to The Spatula Diner. It's a perfect alchemy of ingredients, easy to make at home, high quality but not technically difficult. It is also very versatile to use in a variety of applications. You can find Chef Greg Golska at The Spatula Diner, 125 Collingwood St., Flesherton, online at www.spatuladiner.com or 519-924-2424. ■

Everyone who lives in the country knows what dragonflies look like.

With their two sets of wings held perpendicular to their body, long 'tails' (abdomens, really), relatively large heads and their distinctive darting flight, they stand apart from almost every other insect. There is one close relative however, that might not be so well known. This is the damselfly, whose body shape is very similar to that of a dragonfly, but whose wings are typically held at an angle above the body at rest.

Dragonflies (and damselflies) are beautiful, and come in many bright, often metallic, colours. Since they are so ubiquitous and relatively large, they add an element of interest to any landscape in spring, summer and deep into the fall. They have an added feature that makes them highly attractive to people – their main prey is other insects, including black flies, mosquitoes and even deer flies. The scientific name for the group is Odonata, which means 'toothed one' in Greek, and refers to the tooth-like hooks on their jaws. These jaws, and their superb flying abilities, are what make them such successful predators. One study showed that they catch up to 95 per cent of the prey they pursue. Besides having very rapid forward flight, they can fly straight up and down, hover and even mate in mid-air, and, when necessary, fly backwards. Descriptive names like Skimmer, Cruiser or Meadowhawk give a sense of the skills displayed by these aerial acrobats.

Damselflies have several characteristics that make them easy to distinguish from Dragonflies. Besides holding their wings above their body instead of horizontally when at rest, damselflies exhibit a radically different flight pattern

All photos by John Reaume

Autumn Meadowhawk

from dragonflies. The former have a fluttering – rather than darting – motion when in the air. Damselfly eyes are smaller than those of dragonflies, so there is always a gap between the two eyes. In the dragonfly, the eyes take up most of the head, wrapping around the sides and meeting in the front. Damselfly bodies are much narrower and are stick-like, while dragonfly bodies are heavier throughout their length. And damselfly hind wings are narrower than those of dragonflies, so that on a damselfly, both sets of wings are about the same size. Dragonfly hind wings are much broader than the front ones.

'Green Darners' are one of the earliest dragonflies to appear in the spring. It is not uncommon to see them in late April. That is because this colourful species migrates to and from the southern U.S., Mexico and the Caribbean every year. The males have a green head and thorax, and bright blue 'tail.' In contrast, the female's

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Ebony Jewelwing



Marsh Bluet



Twelve-Spotted Skimmer

bright green head and thorax is offset by a brown 'tail.' One of our largest and most abundant dragonflies, males can grow up to three inches (7.6 cm) in length.

Although the 'Common Whitetail' does not have a sexy name, it shares the superb acrobatic and hunting skills of its more aptly named cousins. It can be seen from early spring until late summer, hawking for blackflies, mosquitoes and other insects near ponds and marshes. The males have a bright white 'tail' and two large spots on each wing, while the brown females and juveniles have three spots on each wing. They are common in Grey and Bruce counties, where there is such a wealth of surface water. A similar looking dragonfly is the '12-spotted skimmer,' which flies from June to October. Mature males have white and black spots on the wings, and grey 'tails.'

The 'Autumn Meadowhawk' is one to look for in late summer and fall, right up to the first heavy frost. The male is red overall, with a small amount of black on the abdomen, while the female is more yellowish. It can be found near any kind of surface water, from ponds to slow streams to lakes, and in and around wooded areas.

The 'Marsh Bluet' is a small, bright blue damselfly with black markings along its slender abdomen or 'tail.' This species is common in Grey and Bruce, where it prefers lakes, ponds and marshes. It can often be seen between June and September perched on the end of a fishing rod or the gunwale of a boat.

The 'Ebony Jewelwing' lives up to its delightfully descriptive name. The wings of the male are pure black and broad, while the slender body is metallic blue-green in colour. The female colouring is duller, but still eye-catching. Her smoky wings sport white spots near the tips, while her body colour is brown. The Ebony Jewelwing lives near wooded streams and rivers, but can be found far from the water. This species preys on mosquitoes, Crane Flies, and even Green Darners. ■

The Saugeen Field Naturalists hold a 'Damsels and Dragons' outing every summer somewhere in Grey or Bruce. Learn more about these fascinating creatures, and the Saugeen Field Naturalists, at www.saugeenfieldnaturalists.com.

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Celebrating BLACK HISTORY

By Linda Thorn

In gospel songs sung by black slaves working on southern plantations in America prior to 1865, the lyrics 'Promised Land' and 'Glory Land' were just two examples of secret codes of freedom for fugitive slaves to escape to Canada on the Underground Railroad.

In that period of time, it is estimated there were four million slaves in southern states. It is thought that 100,000 slaves escaped to the free northern states above the Mason-

Dixon Line, as well as to Mexico, the Caribbean and Florida. After the U.S. government passed the Fugitive Slave Act of 1850, slaves were not legally considered free in any American state, so many runaway slaves escaped to Canada before and during that time, with the help of abolitionists who consisted of free blacks, Quakers, Indigenous people and sympathizers who believed that people should not own fellow humans.

The Underground Railroad consisted of secret routes and networks where fugitive slaves were guided and hidden

on dangerous paths to freedom in Canada, a land of freedom since the British Empire had abolished slavery by 1834 for her colonies all over the world. British North America included a smaller version of today's Canada, where slaves were guaranteed that no former plantation owner could reclaim them as property.

Grey and Bruce counties have several locations that celebrate black history. All of this riveting story of the inhumane journey from Africa to North American plantations and to 'free at last in Canada' interpretations is conveyed in depictions, colourful displays and thought-provoking original artifacts at Sheffield Park Black History & Cultural Museum in Clarksburg, at the south end of Thornbury. Sisters Carolynn and Sylvia Wilson own and operate the museum, and have an amazing timeline that includes a 16-building heritage walk through the woods. Former slaves who settled in this area of southern Georgian Bay became integrated into their communities through ingenuity and entrepreneurial endeavours. Be prepared to be impressed. You will need time to see everything, including the doll museum, so bring a picnic! Learn more at www.sheffieldparkblackhistory.com.

Owen Sound also has a proud legacy of black heritage because it was the northernmost terminal on the Underground Railroad, giving it the distinction of having the oldest Emancipation Day Celebration in North America, and probably the world. Dorothy Abbott, on behalf of the Owen Sound Emancipation

Festival Board and Committee, is excited about its 156th summer celebration being held Aug. 3-5, and Petal Furness, Manager of Grey Roots Museum & Archives, will officially open the annual art show on the third festival day, after Gospel in the Barn. Learn more at www.emancipation.ca.

As a permanent site, the Black History Cairn in Harrison Park is especially explicit with historical plaques, including exquisitely detailed quilt designs on the walking stones. Abolitionists sewed hidden messages into quilts hung outside as a travel guide for fugitive slaves. 'Follow the North Star' to Canada was a design along with the 'Dresden plate' design signifying the hopeful message that freedom awaits after leaving Dresden, Ohio, and crossing water on a boat to freedom in Dresden, Ont.

Elsewhere, the original 1856 British Methodist Episcopal Church in Owen Sound was a place of worship and gathering for former slaves. It was relocated and rebuilt on 11th St. W., in 1911. Today, local genealogy charts trace about 30 local families back to southern slaves – certainly a profound thought to contemplate.

The American Revolution of 1775 brought 5,500 black people to Canada, and Britain offered freedom and land to clear to those who fought with her. Approximately 2,000 African-Americans also arrived in Canada during the War of 1812. By name, the Negro Creek Road, in the former Holland Township, received an influx of early black settlers. From those early wars through the

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end of the American Civil War in 1865, it is estimated that 40,000 fugitive slaves escaped to Canada and many settled in Holland Township, and other areas of Grey and Bruce counties for safety from the American border, where slave catchers lurked.

In 1851, there were 350 blacks registered in Glenelg and Artemesia Townships. After clearing the harsh land, many blacks were later termed 'squatters' around the mid-1800s and lost their property to new waves of British immigrants. The Old Durham Road Pioneer Cemetery attests to their resilient spirit and endurance. In fact, today some Ceylon (formerly the settlement of Virginia), Priceville and other county residents can trace their black ancestry to this period.

A most prominent and respected black person in Bruce County was not actually a former slave. Robert Sutherland was Canada's first black lawyer and Walkerton's only barrister in the 1860s. Sutherland had a fascinating life. He grew up in Jamaica on a plantation, which produced rum, sugar and copper. His father, Andrew, was an attorney and a white Scottish plantation owner of 41 slaves. He left all of his property in his 1839 will to 'his reputed children of colour' and their black mother, 'old Margaret.'

The biracial Robert was consequently educated in Scotland and graduated with honours from Queen's College (University), in Kingston, Ont. When he registered in 1849, the tuition fees were a princely \$12 per term. Then this popular fellow attended Osgoode Law School in 1852 and was called to the Bar in 1855. Sutherland was very involved in helping former slaves claim entitlement to unclaimed land, which in turn gave them voting rights in Bruce County. He practiced law in a building on the current site of the Walkerton Library, and that is likely, according to the most recent research, where his home was too, according to Ted Cobean, Chairman of the Brockton Heritage and Library Committee.

Tracey Knapp, Bruce County Lead Librarian, helped initiate the Robert Sutherland Archives Room of the Walkerton Library. Sutherland was a leading citizen in this 1860s town of 700 citizens and was elected Reeve in 1872. Sutherland never married and died in Toronto General Hospital of pneumonia at 48, in 1878, while visiting the city. There was always speculation in town



**Carolynn Wilson, co-owner
of the Sheffield Black
History & Cultural Museum
in Clarksburg.**

that Sutherland had independent money. The fact that Sutherland's will bequeathed his estate of \$12,000 to Queen's College (about \$200,000 today) may indicate that he had an on-going legacy from his family. As life sometimes is, that money saved the near bankrupt Queen's College, and yet, Sutherland's financial independence may have come from his father's plantation that used slave labour.

Grey/Bruce has a history that runs deep and this summer is the perfect time to create your own 'freedom trail' to celebrate the area's history of being a safe-haven for America's former slaves. ■

Linda Thorn is a freelance writer, and Advertising Sales Manager of Grey-Bruce Boomers. Contact her at linda@greybruceboomers.com.



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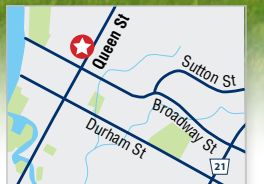
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Mental Health First Aid

BY KATHY MARTIN

by *Kathy Martin*

You may have heard talk on TV or read an article on the rising concerns of youth suicide and the need for prevention and promoting skills for positive mental health.

There's no doubt, youth mental health is, and should be, a concern for all communities. Did you also know that older adults, men in particular, have among the highest suicide rates in the world (World Health Organization, 2014)? Many factors can contribute to suicide in older adults, including (but not limited to) mental illness, divorce, bereavement, lack of social support, and problems with physical health or finances.

Canada has an aging population. As of July 1, 2015, there were more people aged 65 and older in Canada than children under 15. The likelihood of experiencing a mental health problem or illness in a given year increases as of age 69 and currently, men aged 80 and older have the highest suicide rates in Canada (Mental Health Commission of Canada, 2017). About 1,000 older adults are admitted to Canadian hospitals each year as a result of intentional self-harm, and studies have shown that between 289,000 and 680,000 older adults are affected by mental health problems in Ontario (Ontario Ministry of Finance, 2009).

Some might think that failing mental health is an inevitable part of the aging process. Many believe it would be expected that grandpa will have a sad and broken heart when his lifelong partner passes on before him. Grief and loss are certainly a part of aging, but mental illness as a result of grief or other age-related issues, should not be passively accepted as normal aging, rather it should be treated and prevented when possible.

Research shows that many so-called aspects of normal aging (such as depression) are preventable and treatable (Canadian Coalition for Seniors' Mental Health, 2009), but navigating the mental health system within Ontario can be challenging for individuals and caregivers. Knowing what is available in your community is important – no one wants to be calling 911 for a broken heart, but if there is a risk for suicide, that might be the best available option.

There are many resources available to older adults in Grey and Bruce counties to help maintain and support older adult mental health. A list has been compiled in the resource section of this article to give you a starting place.

Knowing what local and provincial resources are available is a start, but knowing when to access them requires more in-depth training and knowledge. Do you know what to say to your father when he talks about giving away his prized possessions because he doesn't need them anymore? Or what about the neighbour who has had a recent slip and is showing signs of high anxiety, refusing to leave the house, and becoming more frail by the day?

The scenarios are endless, but there are some common steps you can take to engage an older adult in getting the support they need and deserve.

Mental Health First Aid (MHFA) is a program of the Mental Health Commission of Canada (MHCC) and offers training to address what to do in a mental health crisis. Just like physical first aid and CPR training are ideal to assess and address an acute physical need, mental health first aid is designed to train individuals to assess/address acute mental health needs. It is arguably even more important than physical first aid/CPR. Given what research shows, mental health can have an impact on cardiovascular health, and other health conditions like diabetes, so learning how to manage our mental health is critical for our overall wellness.

MHFA-Seniors is an adaptation of the MHFA basic course, and is intended to increase the capacity of seniors, families (informal caregivers), friends, staff-in-care settings and communities to promote mental health in seniors, prevent mental illness and suicide whenever possible, and intervene early when problems first emerge (MHCC-MHFA-Seniors, 2018).

The acronym 'ALIFE' is the MHFA framework for having

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a confident conversation about mental health with family, friends, colleagues, and strangers. ALIFE unpacks the steps to take when you are concerned about someone's mental well-being.

Steps are:

- Assess the safety of the situation. Is there a risk of suicide, serious physical deterioration, and/or harm to others?
- Listen non-judgmentally.
- Information and reassurance.
- Facilitate the senior getting appropriate professional help.
- Encourage.

Mental Health First Aid-Seniors is formal training that can be brought to your community by contacting your local branch of the Canadian Mental Health Association or www.mentalhealthfirstaid.ca. However, there are also many excellent resources available online, so be sure to visit some of the websites listed in the resource section. Your local health clinics and library are also good resources for local information and resources, so don't go it alone; educate yourself and learn about mental health/illness.

It is important to learn how to prevent and improve your own mental well-being as well. Caregivers, which many of us become at some point, often experience unique mental well-being challenges, such as compassion fatigue

and vicarious trauma. Some ways to boost our personal well-being, from the Canadian Centre for Senior Mental Health (CCSMH), include:

- Reach out to your family and friends. Spend time with people who know you.
- Be active and take care of yourself – exercise, eat and sleep well, and cut back on smoking and drinking alcohol. Note: there are several free workshops and exercise classes throughout Grey and Bruce counties. Check out the Southwest Health Line (services for seniors) link below to find out where.
- Get connected – join religious, spiritual or social groups in your community.
- Consider volunteering your time if that is possible.
- Find a new hobby or develop interests that you enjoy.
- Get help if you are depressed or thinking about suicide.

Some of these might be easier to do than others. Discuss them with your family, friends and caregivers. Those supporters can help you find new and creative ways to be well and stay well (CCSMH, 2018).

We are never too old to take care of ourselves, so don't delay, start today by doing one thing for your mental health. The 'Fountain of Health' optimal aging initiative says research shows there are five actions we can take to optimize our health and happiness as we age. The five areas are positive thinking; social activity; physical activity; brain challenge; and mental health. Visit www.fountainofhealth.ca and take the quiz to find out where you're starting from in terms of your positive aging.

Remember, it's a myth that mental illness is a normal expected part of aging. Yes, mental illness rates do increase as you age, but that's all the more reason to learn now how to assess, address, and prevent. Getting older can and should be a great experience; one to look forward to, not feared, so please age optimally and take care of your mental well-being!

Resources

Grey-Bruce Helpline & Crisis Response Team, 1-877-470-5200, www.cmhagb.org/find-help
 Canadian Mental Health Association, Grey-Bruce Branch: www.cmhagb.org
 Bereaved Families of Ontario, Southwest Region <http://bfolondon.ca/>

Southwest Health Line (services for seniors)
www.southwesthealthline.ca/

Educational opportunities

Mental Health First Aid, Seniors
www.mhfa.ca/en/course-info/courses/seniors
 Living Life to the Full Program, www.ontario.cmha.ca

Mental illness information

Canadian Mental Health Association, Ontario Division
<http://ontario.cmha.ca/document-category/mental-health-info/>
 Moods Disorders Association of Ontario
www.moodsdisorders.ca
 Centre for Addictions and Mental Health, resources for older adults, <https://bit.ly/2HHbgNr>
 Canadian Association for Suicide Prevention (CASP)
www.suicideprevention.ca
 Ontario Caregiver Coalition (CCC)
www.ontariocaregivercoalition.ca

Mental wellness information and supports for older adults

Fountain of Health, fountainofhealth.ca
 Centre for Activity and Aging, www.uwo.ca/ccaa
 Minds in Motion, alzheimer.ca/en/greybruce/We-can-help/Minds-In-Motion
 Southwest Health Line (services for seniors)
www.southwesthealthline.ca

Policy/advocacy

Canadian Coalition for Seniors' Mental Health (CCSMH):
<https://ccsmh.ca/>
 National Seniors Strategy for Canadians
<http://nationalseniorsstrategy.ca/>
 Guidelines for Comprehensive Mental Health Services for Older Adults in Canada, <https://bit.ly/2KpHywl> ■

Kathy Martin has over 10 years experience with mental health promotion and prevention at the national, provincial and local levels. She helped create the first National Standard of Canada for Psychological Health and Safety in the workplace and currently co-chairs the Canadian Standard's Association's Standard for Psychological Health and Safety within Paramedic Organizations. She has a special interest in wellness for seniors initiatives.

A welcoming presence when the world looks its bleakest

Carole Machan has volunteered with local women's shelter for 20 years



Carole Machan began volunteering with Women's House Serving Bruce & Grey in 1998.

Her first volunteer position was taking on the important role of answering the shelter door and reception phone while staff attended important meetings. She also provided much-needed childcare to the children who came to the shelter with their mothers. Childcare allows a mother to attend counselling sessions or find some time to herself.

"Our shelter residence is often full to capacity with women and their children," said Candace Burton, Coordinator, Volunteer and Community Development, at the Women's House Serving Bruce & Grey, who nominated Carole as this issue's Game Changer. "In 2000, when we needed

help with our weekly grocery shopping, Carole took that job on and has been our weekly shopper since. She does our shelter shopping faithfully every week. She goes above and beyond by scanning flyers for weekly sales, collecting discount coupons, searching out the best prices and healthiest choices available. She helps us stretch our shelter food budget without compromising quality."

In 2015, Carole was awarded the Ontario Volunteer Service Award for 15 years of volunteer service.

Her volunteerism doesn't stop with the Women's House either; she's extremely dedicated to her community and is one of those people who will step up when a need arises. For example, she is currently the Treasurer for the South Bruce Retired Women Teachers Association of Ontario.

Since 2012, Carole has also been one of the Directors of the Kincardine Agricultural Society and is involved in the Kincardine Fall Fair, which takes place annually on Labour Day weekend. She is passionate about involving youth through the junior art and craft part of the fair. She does this in the hopes of encouraging their ongoing involvement in future agricultural events.

In 2004, Carole took on another yet volunteer task in her community and helps out at the Kincardine Legion Thursday night Bingo twice a month. She proudly does this in honour of father, who was a Second World War Veteran.

"We are so very fortunate to have such a caring, dedicated volunteer like Carole on our volunteer team," Candace said. "Carole is a Game Changer because she is deeply committed to her community and supporting the women and children who come to our shelter in search of a safe haven and hope for a future free from violence." ■

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Banff National Park and gardens all offer us a glimpse at the history and nature that has formed this amazing and distinct part of Canada!! Twin per person \$4,099.00 CDN (incl. 334.73 taxes)

Agawa Canyon Fall Foliage 5 Days Discover!

Departs Sept 24, 27, 29 Oct 1 or 9 ~ Surround yourself with the beauty of nature and enjoy the most vibrant colours created by the fall foliage!! Horse Drawn Carriage tour & Train Excursion immerses us in the picturesque and tranquil landscapes. A visit to Mackinac Island gives us time to experience a much slower pace while discovering the quaint community. Bring your camera to capture these incredible vistas! Twin \$1,129.00 per person CDN (incl. 49.13HST)



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EVENTS

June 1

Explore the Bruce Adventure Passport

www.explorethebruce.com

Runs through October 31

Huron-Kinloss Ice Cream Trail

www.icecreamtrail.ca

Runs through September 30

June 2

Chantry Island Boat Tours

Southampton; 1-3 p.m.

www.chantryisland.com

Saturdays and Sundays in June, daily in July and August

Paisley Blues Festival

www.paisleyrocks.com

Runs through June 3

Springtime in the Gardens

Folmer Landscaping Botanical Gardens and Garden

Centre, west of Walkerton on Hwy. 9

10 a.m.-4 p.m.

www.folmergardens.com

June 6

11th annual Seniors Fair

Bayshore Arena, Owen Sound

10 a.m.-3 p.m.

www.unitedwayoffbrucegrey.com

June 10

Grapevines, Beer Steins & Moonshine

Folmer Landscaping Botanical Gardens and Garden

Centre, west of Walkerton on Hwy. 9

1-6 p.m.

Tickets \$20. Visit Walkerton Kinsmen on Facebook

June 14

Hanover Library Book Sale

www.hanoverlibrary.ca or 519-364-1420

Runs through June 17

June 17

TD Harbour Nights Concert Series

1155 1st Ave. W., Owen Sound; 7 p.m.

www.owensound.ca

Every Sunday through August 12

June 19

Longest Day of Golf

Walkerton Golf & Curling Club

519-881-1953

June 22

Lucknow Strawberry Summerfest

www.strawberrysummerfest.com

Runs through June 23

June 23

Kincardine Pride Parade

Victoria Park

11 a.m.

kincardinepride@gmail.com

June 24

Ride Don't Hide

5th annual ride for mental health

www.ridedonthide.com

June 29

Kincardine Hospital Auxiliary Tag Days

Fundraising for medical equipment

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Also runs June 29

Kincardine Cruise Night

Queen St., Kincardine

6-9 p.m.

tourism@kincardine.net

Also runs Aug. 3 and Aug. 31

Artful Hands Summer Show & Sale

Kincardine Pavilion

6-9 p.m. Friday and 10 a.m.-4 p.m. Saturday

artfulhandskincardine@gmail.com

June 30

Canada Day Eve Party

Beaver Valley Community Centre,

4-9 p.m.

www.thebluemountainslibrary.ca/events

July 1

Bruce Power Summer Bus Tour Program

Seven days a week in July and August

www.brucepower.com/visit-us to register

Moreston Heritage Village Opening Day

Grey Roots Museum & Archives, Owen Sound

11 a.m.-4:30 p.m.

www.greyroots.com

July 5

Pick'n by the Pond Bluegrass Festival

Cargill Park; www.visitcargill.ca

Runs through July 8

Saugeen Grannies – Steven Lewis Foundation

Fundraiser & Jewelry Sale

49 High St., Southampton

4 p.m.-dusk; www.saugeengrannies.org

Thursdays all summer

July 6

Kincardine Scottish Festival

Victoria Park, Kincardine

www.kincardinescottishfest.com

Runs through July 8

Harbourside Music

1 Forbes St., Lion's Head; 7-8:30 p.m.

Free concert every Friday night in July and August

July 7

Shoreline Artists Studio Tour

The Plex, Port Elgin; 10 a.m.-4 p.m.

www.shorelineartists.net

Also runs July 8, August 4-5

July 14

Private Collectors Garage Tour

Support the Walkerton CT Foundation

Tickets available at www.ticketfly.com

Owen Sound Harbourfest

Owen Sound Harbour

11 a.m.-10 p.m.

519-376-4440 x1251

July 20

Healthy Parks, Healthy People Day

Local Provincial Parks – no day use fee

www.ontarioparks.com

July 21

Bruce Power Block Party

Family activities in new location – downtown Port Elgin!

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www.brucepower.com/visit-us

July 25

Kincardine Community Fund Cardboard Boat Regatta

Station Beach, Kincardine

9 a.m.-2 p.m.

jwhite@kincardine.net

July 26

Hanover Sights and Sounds Festival

Downtown Hanover

hanover.ca/sights-and-sounds-festival

Runs through July 29

July 27

8th annual Marine Heritage Festival

Southampton

<http://marineheritagefestival.com>

Runs through July 29

July 28

Walkerton Agricultural Society's Car & Truck Show

Admission is free for spectators and vehicles

August 3

Emancipation Festival

Harrison Park, Owen Sound

www.emancipation.ca

Runs through August 5

August 11

Sauble Beach Sandfest

www.saublebeach.com

Runs through August 12

Point Clark Lighthouse Festival

www.huronkinloss.com

August 17

Bruce County Heritage Farm Show

South of Paisley; www.bruceheritage.com

Runs through August 19

34th annual Nawash Traditional PowWow

Cape Croker Park; www.nawash.ca

Runs through August 19 ■

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